This is a very difficult time for those who are serving in our armed forces, as well as for their families. Not only is there a separation, not only is there an additional workload for the family, but there's also the worry that a loved one in harm's way might be injured or worse.

While I was in Vietnam, my mother was unable to write me a single letter. She couldn't write me because she was so worried about me and didn't want to think about it. Support for mothers like mine, for wives, for husbands, for daughters, for brother and sisters, is something that all Americans can give during this time.

Out troopsI would ask that Americans reach out as we did after 9/11 to the families of those who lost loved ones in that horrible tragedy. Reach out to these families whose loved ones are serving us overseas. They need a phone call or maybe an invitation to dinner. Employers should be considerate of their needs, giving time off or perhaps offer flex time. This is the way that America should be responding in this time. It's a way that all of us can respond. Those of us in the United States who are here today, our duty is to support our soldiers' loved ones.

I thank those men and women in uniform for their service. I know they're doing their duty. And I also thank all of those who are loved ones here in the United States that are under extraordinary pressure at this time. All Americans should reach out to them.